



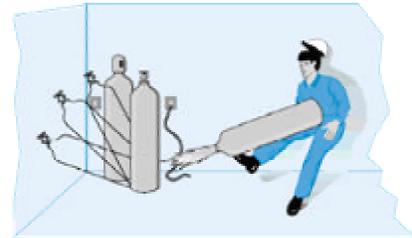
Southwest Region - Safety Newsletter

December

NAVOSH CORNER

Don't Turn a Compressed Gas Cylinder into a Rocket

A standard industrial gas cylinder contains 330 cubic feet of gas at a pressure of 2640 psig. When the cylinder valve is broken off, the cylinder then becomes a rocket from the gas venting from the broken connection. And, can cause grievous damage to personnel and property.



The following precautions should be taken to prevent accidents with compressed gas cylinders.

- Valve protection caps should be installed on cylinders at all times when not in use. The valve cap protects the valve from snapping off.
- Never stick anything into the cylinder cap holes in an attempt to loosen the cap. Use an adjustable strap wrench to remove stuck caps. If the cap is still difficult to remove, tag out the cylinder and return the cylinder to the supplier.
- Cylinders should never be dropped, rolled, or carried in a horizontal position as the cylinder valve may be broken off.
- Cylinders should never be used as rollers for moving equipment. As a general safety rule, equipment should only be used for its intended use
- When storing cylinders, secure them to a wall or vertical support by means of restraining straps or chains.
- When moving cylinders, use a cylinder cart with chain restraints in place. Do not drag cylinders.
- When transporting cylinders, use an open vehicle and secure them with restraining straps or chains
- Wrenches should not be used on valves equipped with a hand wheel. If the valve is difficult to operate or faulty, contact your supplier to arrange the return of the cylinder. Do not use the cylinder.
- Segregate cylinders in storage as to type of gas and empty or full, and maintain a distance of 20 feet between cylinders containing oxidizers and cylinders containing flammables. A noncombustible barrier at least 5 feet high having a fire-resistance rating of at least one-half hour can be used instead of 20 feet separation distance.
- Smoking is prohibited in the vicinity of cylinders containing flammable gases or oxidizers. Storage area shall be posted "No Smoking".

- If a cylinder or cylinder valve is leaking, follow local emergency response protocol

What You and Your Doctor Can Do To Treat Carpal Tunnel Syndrome

Don't ignore wrist pain. Stop the activity that is triggering the problem. If symptoms decrease, resume the activity gradually, making an effort to keep the wrist straight. If you cannot stop the activity, change the way you do it so that your wrist is not stressed. Alternate tasks so that you don't spend more than one or two hours at a time doing on a task that involves your hands.

- Gently warm up your hands before starting work. Do some wrist circles and stretch your fingers and wrists. Repeat several times throughout the day.
- Use a wrist support pad with your computer keyboard to help maintain the straight alignment of your wrist.
- Apply a cold pack to the palm side of the wrist for five minutes to ten minutes as needed.
- Use an over the counter anti-inflammatory pain reliever such as aspirin or ibuprofen.

There are a number of treatments your doctor may use to alleviate CTS. During the day and/or night it may help to use a wrist splint, which keeps the wrist straight. Try to combine a splint with a real effort to change the positioning of your hand during the activity that causes you pain so that the problem doesn't recur once you no longer use the splint.

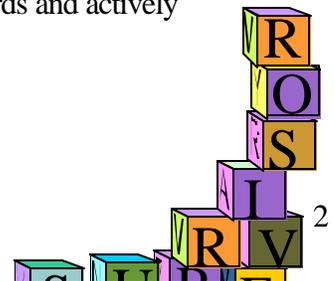
If a splint and anti-inflammatory medications, which reduce swelling around the nerve, don't ease the condition, your doctor may recommend a steroid injection. This may be warranted if you continue to have considerable pain or persistent numbness. A Rheumatologist, hand specialist or other physician who is experienced in the procedure should give such shots.

If these treatments are ineffective, or if you develop weakness in your thumb at any time, you may need carpal tunnel release surgery to relieve pressure on the nerve. In this procedure, the surgeon cuts the carpal tunnel ligament that covers the median nerve, to relieve the pressure on that nerve. This is usually a simple operation that can be done on an outpatient basis. Results from surgery are generally quite good if severe weakness has not developed.

Next month: Exercises to Injure-Proof Your Wrists

Slips, Trips, and Falls

Nationally, each year, hundreds of workers die and thousands are left disabled from falls on the job. The statistics can be alarming, but as a supervisor, you can work to change them. The fact is, almost all falls can be prevented. All it takes is a conscious effort to recognize fall hazards and actively helping your workers prevent them.



Understanding balance. It is no news to all that a fall occurs when someone loses their balance and their footing. In short, the center of gravity is displaced and there's nowhere to go but down. A worker may be thrown off balance by a slip (on a wet floor, for example) or trip over an obstacle, but once he or she loses footing and support, a fall is inevitable.

One of the most common causes of fall hazards at the worksite is the unsafe use of ladders – using ladders incorrectly or using the wrong ladder for a particular job. Unsafe vehicle practices – failure to use safety cages, jumping on or off lift gates, and so on, also invite accidental injury. Slippery surfaces and inappropriate footwear can also lead to slips and falls. Poor lighting, obstacles in walkways, inattention and hurrying are other common causes of fall-related injuries. Although it may “seem obvious” how to prevent falls – they make up a large percentage of mishaps at most sites.

The following checklist can help your workers prevent falls before they happen. Remember to consider slip, trip, and fall hazards and how you will prevent them when performing Operational Risk Management (ORM) on any operations you may be doing on or off-duty.

Fall Prevention Checklist

- Show your employees how to use the 4-1 ladder rule (set the base of the ladder one foot away from the wall for every 4 feet of ladder height).
- Make sure extension ladders have safety shoes.
- Instruct workers to tie off the ladder or have someone support the base.
- Never let employees use the top two rungs of the ladder.
- Prevent over-reaching, especially while on a ladder.
- Make sure wires, cords, and cables are kept away from walkways.
- When safety cages and fall restraint devices are required, make sure they are available and used.
- Encourage the use of slip-resistant footwear.
- Show employees the importance of cleaning up debris after each job, and reporting accidental spills immediately.
- Make sure walkways are well-lighted.
- Teach workers to look before they walk – making sure their pathway is clear.
- And finally, encourage all employees to walk through the facility – not run.

EXPLOSIVE SAFETY CORNER

Have you heard that our explosive operating facilities must be approved by DDESB? Who is DDESB and how do we get an approval from them?



Answer: Congress established the Department of Defense Explosive Safety Board (DDESB) in 1928 after a mishap at the Naval Ammunition Depot, Lake Denmark, New Jersey in 1926. The accident destroyed the depot, causing heavy damage to adjacent Picatinny Arsenal and the surrounding communities, killing 21 people, and seriously injuring 51 others. Congress established the Board to

provide oversight of the development, manufacture, testing, maintenance, demilitarization, handling, transportation and storage of explosives on DoD facilities worldwide.

The DDESB mission is to provide objective advice to the Secretary of Defense and Service Secretaries on matters concerning explosives safety and to prevent hazardous conditions to life and property on and off Department of Defense installations from the explosives and environmental effects of DoD titled munitions.

The site approval process starts with your Site Explosive Safety Officer (ESO). The ESO will gather needed information and will get all of the required documentation prepared. The document will then be reviewed by management and forwarded on to DDESB through your local commands to the Naval Ordnance Safety and Security Activity (NOSSA). NOSSA is the approving authority for all Naval siting documents. Once approved by NOSSA, the siting documents are sent to DDESB for their approval.

This process is not without its sticking points. If all goes well, it can take several months, so be patient. One last thing, direct communication with the DDESB is not authorized unless previously directed by the CNO. All written communications to DDESB shall be routed via the chain of command and Commanding Officer, NOSSA (N7) to the CNO (N411) office.

If you have additional questions about this subject or explosive safety in general, contact your site Explosive Safety Officer.

RECREATIONAL AND OFF-DUTY SAFETY

Holiday Safety - Electrical and Fires

As the holidays approach, the U.S. Consumer Product Safety Commission (CPSC) is urging people to look for and eliminate potential dangers from holiday lights and decorations that could lead to fires and injuries.



Each year, hospital emergency rooms treat about 8,700 people for injuries, such as falls, cuts and shocks, related to holiday lights, decorations and Christmas trees. In addition, Christmas trees are involved in about 400 fires annually, resulting in 20 deaths, 70 injuries and an average of more than \$15 million in property loss and damage.

CPSC conducts surveillance of holiday lights and decorations at stores nationwide, and this year has prevented the import of 320,398 units of holiday lights that did not meet safety standards.

"Candle ceremonies during Advent, Hanukkah and Kwanzaa are beautiful traditions," said CPSC Chairman Ann Brown. "But keep matches, lighters and candles away from children and never leave burning candles unattended. These simple safety tips will help prevent many of the 10,000 candle-related fires that occur each year. Stay safe this holiday season; it's the best gift you can give."



CPSC suggests following these tips to make your holiday a safe one.

Trees:

- When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.
- When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- When setting up a tree at home, place it away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water. Place the tree out of the way of traffic and do not block doorways.

Lights:

- Indoors or outside, use lights that have been tested for safety by a recognized testing laboratory, which indicates conformance with safety standards.
- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets.
- Use only three standard-size sets of lights per single extension cord.
- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
- Before using lights outdoors, check labels for certification for outdoor use.
- Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use only insulated staples to hold strings in place, not nails or tacks. Or, run strings of lights through hooks (available at hardware stores).
- Turn off all lights before going to bed or leaving the house. Lights could short out and start a fire.
- For added electric shock protection, plug outdoor electric lights and decorations into circuits protected by ground fault circuit interrupters (GFCIs). Portable outdoor GFCIs can be purchased where electrical supplies are sold. GFCIs can be installed permanently to household circuits by a qualified electrician.



Decorations:

- Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals. Leaded materials are hazardous if ingested by children.
- Never use lighted candles on trees or near evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.



- In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food that may tempt a child to eat them.
- Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair." Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.

Fireplaces:

- Use care with "fire salts," which produce colored flames when thrown on fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.
- Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.



HOLIDAY CELEBRATION SOCIAL RESPONSIBILITIES

DRAM SHOP – This is a term referring to liability of establishments arising out of the sale of alcohol to obviously intoxicated persons who subsequently cause death or injury as a result of alcohol-related crashes. Not many of us own business's that serve alcohol so this law wouldn't really apply to us. However, that does not relieve us from our responsibilities when we plan for and host a party. This social responsibility encompasses everything from planning a party menu to assessing how guests will get home safely once the party is over. Our role as a responsible party host can keep your friends and loved ones safe.

What Every Host Needs to Know

- Don't rely on coffee to sober up your guests. Only time can make someone sober.
- Beer and wine are just as intoxicating as hard liquor. A 12-ounce can of beer, a five-ounce glass of wine, a 12-ounce wine cooler and an ounce and a half of liquor contain the same amount of alcohol.
- Don't rely on someone's physical appearance to determine if he or she has had too much to drink.
- Mixers won't help dilute alcohol. Carbonated mixers like club soda or tonic water cause alcohol to be absorbed into a person's system more quickly. Fruit juice and other sweet mixers mask the taste of alcohol and may cause people to drink more.



Planning A Party with Polish

There's a reason it's called throwing a party, a host has to be ready to catch some curve balls and juggle the unexpected when it comes to staging an event that's fun, entertaining and safe for everyone.

Responsible hosts know that part of showing guests a great time is making sure they get home safe. Dealing with safe driving is an important hosting duty so we've compiled some quick tips to help you throw a memorably successful party without tossing caution to the wind.

- Plan activities like party games, door prize drawings or amateur fortune-telling. Planned activities engage people, make for less active consumption of alcohol and ensure that your friends remember the great event long after the last piece of confetti has settled.
- As guests RSVP, confirm that at least one person in each group is prepared to be the non-drinking designated driver.
- Provide plenty of food to keep your guests from drinking on an empty stomach.
- Avoid too many salty snacks, which tend to make people thirsty and drink more.
- Offer non-alcoholic beverages or “mocktails” for designated drivers and others who prefer not to drink alcohol.
- If preparing an alcoholic punch, use a non-carbonated base, like fruit juice. Alcohol is absorbed into the blood stream faster with a carbonated base.
- Be prepared by having the number of a taxi service on hand for those who need a ride. Also, be ready with some clean linens so you can turn your sofa into a hotel for guests who need to sleep it off.

During Your Party

- Never serve alcohol to someone under age, and never ask children to serve alcohol.
- Don't let guests mix their own drinks. Choosing a reliable “bartender” will help you keep track of the size and number of drinks that guests consume.
- If a guest appears to be drinking a bit much, offer to freshen his or her drink with a virgin version.
- Do not push drinks! Drinking at a party is not mandatory for having a good time.
- Have fun – but not too much fun. To be a good host, you should stay within your limits in order to make sure your guests stay within theirs.
- Close the bar 90 minutes before the party ends and serve a great dessert treat with coffee. Remember, only time sobers someone who has been drinking.

If a guest is drinking too much

“How do I approach one of my guests who has had too much to drink? I mean -- I don't want to lose a friend”. The first time is the hardest, but your actions could save your friends life or that you cannot let them drive home because you care. Offer to let the guest spend the night, call a cab, or ask a sober guest to drive the intoxicated person home.

- Engage him/her in a conversation to slow down the drinking.
- Offer high protein food.
- Offer to make the next drink and use less alcohol.

- Don't be afraid to insist that they sit out the sipping for awhile or switch to beverages of the non-alcoholic variety– sparkling cider makes a great substitute for a glass of champagne.

“Can I be held responsible if one of my guests is involved in a crash?”

The laws vary from state to state, but you could be held responsible for the costs associated with the crash, including medical bills and property damage and be sued for emotional pain and suffering.

Drunk Driving Statistics

- *In 2002, 17,419 people were killed in alcohol-related traffic crashes – totaling 41 percent of all traffic deaths – another half a million are injured each year.*
- During the holidays, the percentage of drunk-driving incidents typically increases. In 2001, 2,053 people were killed in alcohol-related crashes between Thanksgiving and New Year's Day; 127 were killed during the Fourth of July holiday and 284 were killed during Memorial Day weekend.

**TOO MANY HOLIDAY SPIRITS CAN MAKE YOU
THE GHOST OF CHRISTMAS NEXT.**

TRAFFIC SAFETY



Rainy Season Is Here!

The start of the rainy season is here – Here are some safety tips to avoid the following hazards:

Slow down. The tire tread contacting the road surface provides better traction at a slower speed.

Maintain a safe distance. Remember the stopping ability of a vehicle is reduced on slick wet pavement. On wet roads, speed should be reduced accordingly and to ensure that you maintain at least 50% following distance from the car ahead of you.

Plan your braking. On slippery pavement, pump your brakes lightly to stop your car. Remember that wet weather causes brakes to become damp, reducing their effectiveness. To keep your brakes dry, lightly ride the brake pedal for several seconds at regular intervals while you are driving. The heat produced by the light braking will help keep the brakes dry.

Avoid hydroplaning. Maintain a smooth, even acceleration on wet roads. Sudden braking can cause you to lose control of your car. The same thing can happen if you take your foot off the accelerator too quickly. Be aware of the threat of hydroplaning. That occurs when water puddles on the road and it is deeper than the depth of your tread on your tires, causing the tires to lose contact with the road. **DO NOT** apply your brakes if you should feel your car starting to hydroplane. Applying your brakes too hard may cause your car to skid out of control. Just ease back on the accelerator until your tires restore contact with the road.

Check your wipers. Install new wiper blades at least once a year to ensure good vision.

Safe Driving Aid - Side Mirrors Adjustment

Some of the most serious preventable accidents occur because of blind spots while driving! Now there is a remarkable simple solution discovered by an engineer named George Platter. He presented his method at the prestigious Society of Automotive Engineers.

The National Safety Council tested his theory and discovered, to their amazement, that it works! The method has been fully endorsed by the National Safety Council as described in their September/October issue of Traffic Safety. Here's how it works.

First, forget how we learned to adjust our outside mirrors by plopping behind the steering wheel and turning the mirrors so that we just saw the side of our car looking back at us in the mirrors.

Instead, adjust the driver's side mirror by resting your head against the driver's side window and turn the mirror so that you just see the side of your car. Then move to the center of the vehicle and turn the passenger side mirror so that you can just see the side of your car from the center of the vehicle.

That's it. You won't see your own car in either mirror, yet what you will see is far better. Cars behind you show up as usual in the inside rear-view mirror above the dash, but the instant the car leaves your field of vision from the rear-view mirror the outside mirror picks it up. No blind spot; no delays; no wondering where that car about to pass you has disappeared to, and no waiting a few seconds for the car that you just saw in your rear-view mirror to show up in your outside mirrors. All three mirrors work together, and the blind spot has been eliminated!

HAZARD ALERTS

1. CPSC, Fisher-Price Announce Recall of Scooters and Mini Bikes

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission, (CPSC), Fisher-Price, of East Aurora, N.Y., is voluntarily recalling about 30,000 electric scooters and 55,000 electric mini bikes. The motor control circuits can malfunction causing them to continue to run after the power or throttle button is released, posing risk of injury to children.

Fisher-Price has received 56 reports of incidents with the scooters, including one report of a chipped tooth and one of a broken arm. Fisher-Price has received 24 reports of incidents involving the mini bike, including one report of a leg laceration.

Use this link for the recalled item: <http://www.cpsc.gov/cpscpub/prerel/prhtml04/04031.html>

2. CPSC, Target Corporation Announce Recall of Multicolored Sidewalk Chalk

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission, Agglo Corporation, of Hong Kong , imported by Target Corporation, Minneapolis, Minn. is voluntarily recalling 26,000 packages of Multicolored Sidewalk Chalk Units. The multicolored sidewalk chalk contains high levels of lead, posing a risk of poisoning to young children.

Description: The sidewalk chalk is packaged in plastic that is molded to five sticks of chalk and a cardboard backing that is labeled "Double Dipp'n Fun." Each stick of chalk is triangular shaped and multicolored, with three colors layered together (green, red, yellow, or blue). This recall does not affect solid color chalk sold in the same packaging. The sidewalk chalk was sold at Target stores from March 2003 to July 2003 for about \$1 per package.

Use this link for the recalled item: <http://www.cpsc.gov/cpsc/pub/prerel/prhtml04/04032.html>

3. CPSC, Meijer Inc. Announce Recall of Children's Jackets

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Meijer Inc., of Grand Rapids, Mich., is voluntarily recalling about 7,500 children's jackets. These jackets have hood drawstrings. Children can get entangled and strangle in the drawstrings that catch on objects, including playground equipment, fences and tree branches. CPSC knows of numerous deaths from neck/hood drawstrings. CPSC issued guidelines on children's outerwear, which were subsequently incorporated into a voluntary standard. Meijer has not received any reports of incidents. This recall is being conducted to prevent possible injuries.

Use this link for the recalled item: <http://www.cpsc.gov/cpsc/pub/prerel/prhtml04/04036.html>

WHAT'S HAPPENING AT NPS MONTEREY?

OSH Training:

- CPR certification courses: 17 Dec - 0830 – 1200
27 Jan - 0830 – 1200
- 1st Aid certification courses: 08 Dec - 1300 – 1500
(Contact Michael Berry @ X2822 for registration)

OSH Inspections:

- Fire Department: January 6
- Code 03: January 27

NAVY REGION SOUTHWEST – POINTS OF CONTACT

Navy Region Southwest
Regional OSH Manager - Ken Gentle
(619) 532-1336

Broadway Complex
Department Manager - Gustavo Campos
(619) 532-1305

Point Loma Complex
Site Manager - Jerry Welch
(619) 553-0751

Coronado Complex
Site Manager - Robert Chatman
(619) 545-1049

Naval Station Complex
Site Manager - Luis Campos
(619) 556-6861

NAF El Centro
Lead Safety Specialist – Marco Cobarruvia
(760) 339-2448

NAS Fallon
Site Manager - Clair Sheffield
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NAS Lemoore
Lead Safety Specialist - Shawna Charron
(559) 998-3936

NWS Seal Beach
Site Manager - Robert Jett
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NB Ventura County
Site Manager - George Wadley
(805) 982-0041

NBVC Port Hueneme
Lead Safety Specialist - Bonifacio Palma
(805) 982-3237

NAWS China Lake
Site Manager - Bill Deem
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NSA Corona
Site Manager - Vacant

NPS Monterey
Site Manager – Mike Berry
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